



## Asparagus, Red Onion and Asiago Salad

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bunch asparagus
- 6 servings pepper black to taste
- 0.1 cup olive oil extra virgin extra-virgin
- 1 cup pecorino cheese grated
- 1 small onion diced red finely
- 0.5 cup red wine vinegar

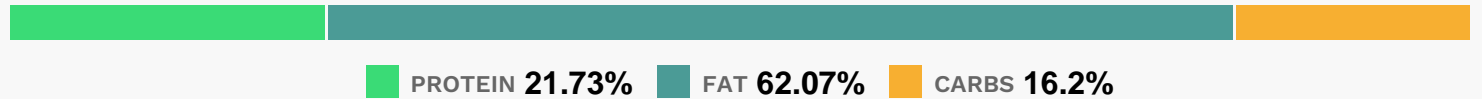
### Equipment

- bowl

# Directions

- Cut the asparagus, including the tips into very thin slices, crosswise and place in a medium bowl.
- Add the red onion and pecorino and toss to combine. Dress with the vinegar, olive oil and salt and toss again. It is best to do this about an hour or so in advance to let the flavors meld together

# Nutrition Facts



# Properties

Glycemic Index:19.67, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:8.7891304622526%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

# Nutrients (% of daily need)

Calories: 130.65kcal (6.53%), Fat: 9.1g (14%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.31g (2.57%), Cholesterol: 17.33mg (5.78%), Sodium: 203.94mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin K: 34.51µg (32.87%), Calcium: 201.23mg (20.12%), Phosphorus: 172.73mg (17.27%), Vitamin A: 637.08IU (12.74%), Folate: 43.67µg (10.92%), Iron: 1.9mg (10.54%), Vitamin E: 1.54mg (10.26%), Vitamin B2: 0.17mg (10.15%), Manganese: 0.17mg (8.37%), Vitamin B1: 0.12mg (8.13%), Copper: 0.16mg (7.86%), Fiber: 1.91g (7.65%), Vitamin C: 5.66mg (6.86%), Selenium: 4.24µg (6.05%), Zinc: 0.87mg (5.82%), Potassium: 201.74mg (5.76%), Vitamin B6: 0.1mg (5.24%), Magnesium: 20.13mg (5.03%), Vitamin B3: 0.77mg (3.84%), Vitamin B12: 0.19µg (3.11%), Vitamin B5: 0.3mg (3%)